



Moccasin Trail

ENNISKA / FEBRUARY 2020

Points of Interest:

- Saranac Lake Ice Castle
- Dave Fadden Art Exhibit in Plattsburgh
- Winter Carnival Events
- Summer Festival
- New Hairstylist
- Sleigh Ride
- Home Care Program Information
- Nutrition Bingo

Valentines Party!

Please join us on
Friday, February 14, 2020
Beginning at 10:30 am

We will be having Valentines
day themed snacks and games
including Valentines Jeopardy!



*Diane Boots, Linda Montour and James Montour
enjoying National Popcorn Day on Friday, January 17th*

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**Sorry We
Are CLOSED**

Monday, Feb. 17th
Presidents Day
Friday, Feb. 28th
Planning Day

2 Senior Club Page

Any mail for the Saint Regis Mohawk
Senior Club can be sent to:

P.O. Box 1106
Hogansburg
NY 13655



Upcoming Events:

Feb. 11th– Club Meeting
March– Deer Valley Trip
April 19-22, 2020- Atlantic City

Senior Club Hours:

Monday– Friday
10:00 am– 12:30 pm

*Our deepest Condolences
to the families of
John “Neil” Laughing,
Ann Gray, Sandi Jock
and Dennis Binan.*

**All Club Members: Please update
your phone number if you have
changed it in the past 2 years.**



Atlantic City!!!

3 Day trip April 19th– April 22nd 2020 Cost is
\$285.00 for travel and hotel fees

Total payment is due by February 12, 2020

Volunteer BINGO Schedule:

February 3rd
Vicki Phillips
Lucille Peters
Kamie Swamp

February 10th
Sweets Jacobs
Rosemary Bonaparte
Phyllis Jacobs

February 17th
CLOSED

February 24th
Barbara Lazore
Ruth Bell
Carol Ross

Schedule is subject to change. Please
make arrangements to switch with
someone if you cannot make it on
your scheduled date.

New Members:

Debra L. Cook
H. John Bero
Loretta David
Denise Hall
Mike Oakes

Erica Oakes
Patricia Oakes
Edward Tarbell
Debbie Thompson
Jamie Ross
Loretta Thomas

Please Take Note...

*The Senior Club is planning a Summer Festival on
July 4th and 5th in efforts to start raising money to
build an addition on our Senior Center building. The
festival will include artists, craft tables, activities, food
vendors and Music! If your are interested please
contact Senior Club members:*

Kamie Swamp: (518) 651-0285

Kathy Colburn: (518) 358– 2553

Lois Thomas: (518) 358– 9647

National Popcorn Day



We celebrated National Popcorn Day on Jan. 17th. Activities Assistant Joy made the different flavors from scratch; caramel, sharp cheddar, pizza and original. The place smelled so good and everyone was happy to bring home a couple bags to snack on.



Meet Our New Hairdresser!

INEZ COOK

Inez will be here at the Senior Center starting Wednesday, Feb. 11th and will come back every two weeks from 10:00 am– 1:00 pm. She will be taking 15 minute appointments for trim haircuts, and a little styling. The cost will be \$10.00 (American). Inez is also open to making other appointments for color, perms, wash and set, or highlights (these services and prices are at her discretion, and are not at the Senior Center). Look for her appointment sign-up sheet on the board at the Senior Center to pick the time most convenient for you or call to see what time she is available at (518) 358-2963.



Ace to King Tournament

Sunday, February 16, 2020

Begins at 12:00 pm

At the SRMT Office for the Aging

CASH PRIZES for 1st, 2nd, 3rd, and High Score!
Snacks will be provided.

*Winter Carnival Event held at Senior Center
Hosted by the Saint Regis Mohawk Senior Citizens Club*



Free Health Education

Are YOU unsure of when to be screened for BREAST CANCER?
Do YOU know the risk factors for PROSTATE CANCER?

The Cancer Peer Educators at CVPH provide free education to men and women ages 50-74 about breast and prostate cancer! Whether you have insurance or not, they can answer your questions. Nikki and Melissa will be giving a presentation and have an information table available.

**Educators will be at the SRMT Office for the Aging
Monday, February 10, 2020
from 11:00 am-1:00 pm**

Coordinator:
Amy LaValley
518-324-7675

Educator:
Nikki Lipke
518-324-7672

Educator:
Melissa Bushey
518-324-7674

The content of this publication is solely the responsibility of the authors and does not necessarily represent the official view of Health Research Inc. or the State of New York.



UVMHealth.org/CVPH

THE
University of Vermont
HEALTH NETWORK
Champlain Valley Physicians Hospital

Virtual Bowling Tournament



Our kickoff to the new year was our Virtual Bowling Tournament. We had seven competitors and played on the big screen in the dining room. Everyone had a blast cheering on each other and getting competitive. The 1st place winner with the highest score was Lynn Lafrance with a score of 253. The winner with most strikes was Carol Thompson who had 6 strikes in one game. Our underdog, who gave it a shot for the first time, was Lewis Garrow. All three won gift cards to Jreck Subs. Feel free to play Virtual Bowling with us any Monday or Friday in the Lounge. Our next tournament will be in March, 2020.

Indigenous Reflections by Dave Fadden

Being held at The Strand Center for the Arts in Plattsburgh from February 7th to February 28th. We will be taking a bus to go see the exhibit on **Friday, February 21st leaving the Senior Center at 9:00 am.** We will go to the exhibit and then to the Champlain Center Mall for lunch and light shopping. We will head for home at 2:00 pm. Please call Katie or Joy to reserve your seat at (518) 358-2963.



Did you know we have a Home Care Program funded thru New York State? It is the

EISEP: Expanded In-home Services for the Elderly Program

What is EISEP? EISEP is an in-home care service available to residents of the St. Regis Mohawk Reservation. To be eligible for in-home services you must be:

- * Be 60 years or older and reside on the southern portion of the territory
- * Have home care needs not met by family/friends
- * Have functional limitations or disabilities
- * Not receiving services under Medicaid or Medicare
- * Meet income guidelines
- * Be SAFE at home



Please call Doris Burns at (518) 358-2963 for more information

Enniska/February 2020

Tsiat'ahkhaton	Kiokierénhthon	Tekeníhathon	Ahsénhathon	Kaieríhathon	Wiskhaton	Iahíà:khaton
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Please call the center if you will not be home for your home delivered meal. Menu is subject to change at Cook's discretion.

Your cooperation helps us better serve you!

*Sponsor by: NYS OFA Title 111, Title V1
NativeAmerican Funding, Tribal General Funding*

HAPPY
Valentine's
DAY



WC– Winter Carnival

1

Activity:

6:00 Ace to King

Remember:

*Please call the center at
(518) 358-2963
by 9:30 am for lunch.*

*Also, call the center for
bus pick-up for
Tuesday/Thursday
Shopping by 9:00 am.*

2

Activity:

6:00 Ace to King

3

Tomato Mac
Soup
Biscuit
Oatmeal Cookie

Activity:

10:00 Exercise Class
10:30 Virtual
Bowling
1:00 Bingo
Coloring Contest Begins

4

Chef Salad
Cheese Filled Bread
Sticks
Fig Newton Cookie

Activity:

8:20 Massage
10:00 Chair Yoga
11:00 Mohawk
Networks Intro to
"Streaming"
1:00 Shopping

5

Chicken Tenders
Sweet Potato Fries
String Beans
Chips
Butterscotch pud-
ding

Activity:

8:00-12 DSS: Meghan
10:00 Exercise Class
9:00 Saranac Lake Ice
Castle Trip

6

Salisbury Steak
Brown Rice
Mixed Vegetables
Roll, Jell-O

Activity:

10:00 Chair Yoga
1:00 Shopping
1:00 Pool and Bingo:
Tsjionkwanonhsote

7

Stuffed Shells
Tossed Salad
Italian Bread
Fruit Cocktail

Activity:

10:00 Exercise Class in
Lounge!
11:15 Virtual Bowling

Coloring Contest Ends

Green Food Bag
Orders Due by 2:00

8

Activity:

6:00 Ace to King

9

*54th Super Bowl
Sunday starts at 6:30

10

Minestrone

11

Potato Crusted

12

Baked Pork



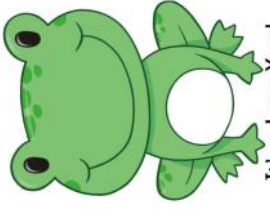
13

BBQ Ribs, Roll

14

Roast Turkey

15

Activity: 6:00 Ace to King	Soup Ham Sandwich Pears Activity: 10:00 Exercise Class 10:30 Virtual Bowling 11:00 Cancer Peer Ed. Info. Table 1:00 Bingo: <i>lakhihsotha joining</i>	Cod Wild Rice, Roll Brussel Sprouts Fruit Ambrosia Activity: 8:20 Massage 10:00 Chair Yoga 10:00 Club Meeting 11:30 Box Lunch Bingo 12:30 Kanien'keha 1:00 Shopping	Chops Buttered Noodles Peas Roll Jello Activity: 10:00 Exercise Class 10:00 Haircuts 11:00 Nutrition Bingo	Wild Rice, Wax Beans Activity: 10:00 Chair Yoga 10:30 Timed Puzzling Competition (WC) 11:15 Pictionary (WC) 12:30 Kanien'keha 1:00 Shopping 1:30 Legal Aid 1:00 Winter Carnival opening dance at <i>lakhihsotha</i>	Mash Potatoes Green Beans, Roll Strawberry Shortcake Activity: 10:00 Exercise Class 10:30 Life-size Kerplunk (WC) 11:15 Valentine's Day Jeopardy! (WC)	Activity: 6:00 Ace to King
16 Activity: 12:00 Ace to King Tournament (WC)	17 Closed President's Day 	18 Beef Stroganoff w/ noodles Corn, Roll Peaches Activity: 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping 12:00-4:45 Pick up Green Food Bag	19 Spanish Rice Broccoli Roll Yogurt Activity: 8:00-12 DSS with Meghan McCaffrey 10:00 Exercise Class 12:45 Craft Class	20 French Toast Hash Browns Sausage Links Melon Cup Activity: 1:00 Shopping 12:30 Kanien'keha 1:30 Legal Aid 2:00 Memory Café <i>National Muffin Day</i>	21 Split Pea Soup French Bread Fig Newton Cookie Activity: 9:00 Leave for Dave F. Exhibit in Plattsburch 10:00 Exercise Class 10:30 Virtual Bowling	22 Activity: 6:00 Ace to King
23 Activity: 6:00 Ace to King	24 Chili Green Beans Johnny Cake Mandarin Oranges Activity: 10:00 Exercise Class 10:30 Virtual Bowling 1:00 Bingo: <i>lakhihsotha joining</i>	25 Cream of Sweet Potato Soup Tuna Sandwich Jell-O Activity: 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping <i>Mardi Gras</i>	26 Birthday Meal Baked Chicken Mashed Potatoes Peas & Carrots, Roll Strawberry Shortcake Activity: 10:00 Exercise Class 10:00 Haircuts 11:00 Vitals	27 Fish on Bun Potato Salad Asparagus Chocolate Pudding Activity: 10:00 Chair Yoga 12:30 Kanien'keha 1:00 Shopping 1:30 Legal Aid	28 Closed Planning Day 	29 Activity: 6:00 Ace to King  It's a Leap Year!

Senior Center Events Winter Carnival 2020

February 13th & February 14th

Timed Puzzling Contest!



Puzzling Contest

Thursday, February 13th at 10:30 am
Sunroom
200 piece puzzles, 2 people per team



Pictionary

Thursday, February 13th
at 11:15 am
Dining Room
Will be divided into 2 teams

Valentines Day Jeopardy!

Friday, February 14th at 11:15 am
Dining Room
Prize for each question answered correctly, Valentines Day themed

Life-size Kerplunk

Friday, February 14th at 10:30 am
Dining Room
Pull a stick out without any balls falling!



Life-size Kerplunk!

Valentine's Day

JEOPARDY!

\$100	\$100	\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200	\$200	\$200
\$300	\$300	\$300	\$300	\$300	\$300
\$400	\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500	\$500

All Activities will be in the Saint Regis Mohawk Tribe Office for the Aging.
Community members of all ages are Welcome to join!
Please call and register for games by noon on Wednesday, February 12th
at (518) 358-2963 with Katie Boots or Joy Lazore-Gibson.

Snacks, prizes, and Winter Carnival ballet entries will be available.

If you are joining us for lunch, please call that morning by 9:30 am.



Mohawk Networks:

How to Stream your Entertainment



Have you been interested in Netflix, Hulu or Amazon Prime, but don't know which one to choose or how to set it up? Mohawk Networks staff will go over the different streaming apps, the technology needed to stream, how to set up an account and how to use it.

Claudia Tarbell and Jason Cole will be back to teach us all about it on:

Tuesday, February 4, 2020 at 11:00 am



Sleigh Ride in Brushton-Moira

We had a beautiful Friday afternoon for a horse drawn sleigh ride. The Gordon Family Farm is on Kit Clark Road where they provide the rides. We chose the perfect day. It was a little cloudy with the sun peeking out here and there with no wind and was about 34°F. After the ride through a trail in the wooded area, we stopped at a little cabin for some hot chocolate and played a new game called "Skittles". We would spin a topper and knock down small wooden pins for points. We had a lot of fun getting warm by the woodstove and getting competitive with our scores. We kept score and had a little tournament: 1st place was Diane Boots with 705 points, 2nd place was Leona Cook with 585 points and 3rd place was Carol Thompson with 485 points. If there is enough interest to do again we will. Please call Katie or Joy in Activities to let us know, (518) 358-2963.



Winter Carnival Snowflake Gathering

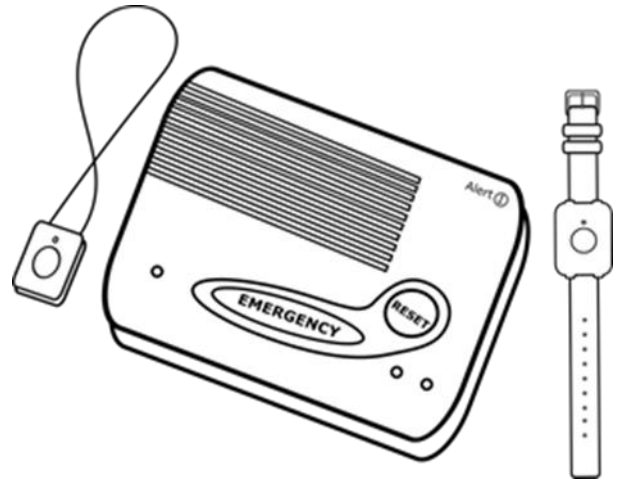
Thursday, February 13, 2020 at 1:00 pm– Iakhihsotha

We will be providing transportation to Iakhihsotha for the Opening Ceremony of the Winter Carnival. Where they will be crowning the King and Queen with music to follow. Also at 1:30 pm at Iakhihsotha they are having a Chili Cook-Off and Yeast Bread Bake-Off. If you would like to participate, all you need is a mason jar for sampling the chili. Please let Katie or Joy know if you would like to ride with us.

ALERT

North County Home Service is no longer providing Personal Emergency Response Service (PERS). It is also called Lifeline or Life Alert.

Many people have received a letter they had to sign for telling them about this. You will be receiving more information soon to tell you who the new provider is and when they will bring you new equipment.



Senior Submission

The Almanac

Cold it was, clear and fair.
Frost was hanging in midair.
A halo held the Sun at bay.
No warmth would be reaching here today.
Snow was due sometime tonight,
Time to bundle up real tight,
Can't escape this winter's chill.
Guess I'll head back up the hill...

Close up the barn and throw some hay
To feed the mare and the old bay.
Then go into the house to have some tea
And a piece of apple pie for me.

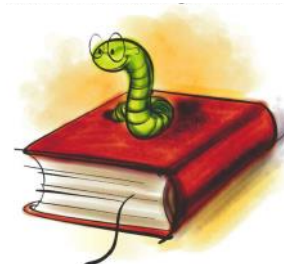
Nothin' more that I can do
'Cept hunker down and wait for you.

I'll put more wood upon the fire,
Read a book and then retire
To our cozy little featherbed
With a woolly cap upon my head.

Spring is still so far away.
Nothin' I do, nothin' I say
Will make it come before it's due
If what I read in the Almanac's true.

-R. V. Bartles, Meriden, New Hampshire

If you find an article that you like in a newspaper, magazine or anywhere else; please give to Katie to share in the Newsletter.



Satonhá:ren tsi Sahsiéríte

Best Wishes on your Birthday and throughout the coming year!



- 1- Gordon Ransom
- 2- Rose Dillon
- 3- **Frank Hutt**
Honora Bonaparte
- 4- Dawna Arbor
- 5- Thomas Jacobs
- 7- Rita White
Helen Chubb
- 8- **Doris P. Robinson**
- 10- **Emily Thompson**
Arthur Jacobs
William Oakes
Irv MacLaren
- 11- **Lori Thompson**
John Loewen
Lucille Peters

- 12- **Roger Caldwell**
Helen Arno
- 13- **Diane Boots**
- 14- Lucille O'Brien
Leslie Barnes
Linda Printup
- 16- Dorothy Cole
- 17- **Everett Hampton**
Hazel Bero
Clark Lazore
- 18- Barbara Garrow
- 19- **Phyllis Jacobs**
Paulette Reid
Joyce Laffin
Phyllis Jacobs
- 22- **Margaret Montour**

- 23- Kathi Jock
Iris Oakes-Fravel
- 24- Charlie Daniels
- 25- Shirley Gorrow
Ken Marlow
Nanci Ransom
- 27- **Jackie Mitchell**
- 28- **Rose Thompson**
- 29- **Charlene Spieler**

**Bold are Saint Regis
Mohawk Senior Club
Members**



Saranac Lake Ice Castle

Wednesday, February 5, 2020

Leave the Senior Center at 9:00 am

We will be packing a bag lunch for everyone that attends

FREE Admission

Please dress for the weather

Keep in mind that there will be a lot of walking and not many places to rest

In case of weather, rescheduled date will be Friday, February 7th.

Please sign up with Joy at (518) 358-2963





St. Regis Mohawk Office for the Aging
29 Margaret Terrance Memorial Way
Akwesasne, NY 13655

*Newsletters may also be received by e-mail

Phone: 518-358-2963

Fax: 518-358-3071

Mon-Fri: 8am to 5pm

Presorted Standard
 US Postage Paid
 Akwesasne, NY
 PERMIT # 4

If you are not the Addressee, please
 notify us of our mistake.
 To Addressee or Current Resident:

The SRMT Office for the Aging receives funding and support from the NYS Office for the Aging, Area Association on Aging, Title VI Native American Program, and the Tribal General Fund.

Services Available Through the OFA

If the services you need are not listed, phone us and we can assist with referrals to appropriate agencies.

Visit us on our Web
 Page:

[www.srmt-nsn.gov/
 office_for_the_aging](http://www.srmt-nsn.gov/office_for_the_aging)

**We're Here to
 Serve You!**

- **Life Line**
- **In-Home Care**
- **Case Management**
- **Legal Aid**
- **Handyman**
- **Home Visits**
- **Housekeeping**
- **Health Promotion**
- **Transport Services**
- **Transportation**
- **Caregiver Support**
- **Supper Bags**
- **Breakfast Bags**
- **Congregate Meals**
- **Nutrition Counseling**
- **Nutritional Education**
- **Home Delivered Meals**
- **Referrals**
- **Weekly Shopping**
- **Craft Activities**
- **Socialization**
- **Information & Assist..**